



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING

April:

[Smart Gardening 101 - Vegetables](#)

[RELAX: Alternatives to Anger](#)

April & May:

[Navigating Money Challenges](#)

[Cabin Fever Conversations](#)

[Food Safety Q&A - Mondays](#)

For youth:

[Home Alone, Safely](#)

[Virtual Nature Journaling](#)

[Zipping Around the Zoos](#)

[Space, Gardening & Music at Home - Updated Weekly](#)

For youth ages 9-14:

[Trash Warriors](#)

[From Tree to TP](#)

OTHER:

[TBAISD Region Food Service & Distribution Schedules](#)

Health, Wellness & Relationships

[Cleaning and Sanitizing](#) Surfaces and Toys

Veteran Outreach Team at MSU Extension has put together [this list](#) of resources for veterans and their families

MSU faculty member talks about [food safety and COVID-19](#)

[Assisting the elderly](#) throughout COVID-19

Food & Nutrition

When you prepare food at home remember the [Core Four Practices](#) of food safety

[Tips for Meal Kit and Food Delivery Safety](#) from the CDC

Is Using Your Smartphone or Tablet in the Kitchen a [Food Safety Hazard?](#)

Running tap water and clean hands are all you need to rinse fresh fruits and vegetables at home. [This video](#) shows you how!

How to Freeze [Green Onions](#)

Easy Ham & Bean Soup [Recipe](#)

Youth Wellness & Learning

[KidsGardening.org](#) has lots of great activities!

Learn how to [support your children's learning](#) while they're home

Farm To School of Northwest MI [YouTube channel](#): local FoodCorps service member, Erin, leads fun activities

[Mindful Eating](#) helps children develop a deeper connection with food and begin to create lifelong, healthy habits

[Fun with science and eggs](#): even simple household items can be used to explore science with kids!

Community Resources

In need of a soil test kit? Purchase online!

- For a home lawn and/or garden kit: [Shop here](#)
- For a commercial/agricultural sampling instructions: [Click here](#)

Connect on Facebook for more programs and resources:

[Grand Traverse County MSU Extension](#)

[MSU Extension MI Stronger Family](#)

[MI Health Matters](#)

[MSU Extension Think Food Safety - NEW!](#)

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